PARABODY

Strength Building Gear

358
EX350 HOME GYM

PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

REVISION C

358 EX350 ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN. HEX HEAD BOLT	4
2.	1/2 X 3 1/4 IN. HEX HEAD BOLT	4
3.	1/2 X 4 IN. HEX HEAD BOLT	1
4.	3/8 X 1 1/2 IN. HEX HEAD BOLT	1
5.	3/8 X 1 3/4 IN. HEX HEAD BOLT	3
6.	3/8 X 2 IN. HEX HEAD BOLT	8
7.	3/8 X 2 3/4IN. HEX HEAD BOLT	2
8.	3/8 X 3 IN. HEX HEAD BOLT	9
9.	5/16 X 1 IN. HEX HEAD BOLT	2
10.	1/2 IN. LOCKNUT	9
11.	3/8 IN. LOCKNUT	14
12.	5/16 IN. NUT	2
13.	3/8 IN. WASHER	1
14.	5/16 IN. WASHER	4
15.	3/8 IN. LOCK WASHER	9
16.	5/16 IN. LOCK WASHER	2
17.	WEIGHT STACK CUSHION	2
18.	1-1/4 IN. SQ. RUBBER BUMPON	2
19.	1 1/2 IN. SQ. END CAP	2
20.	1-3/4 IN. SQ. END CAP	1
21.	2 IN. SQ. END CAP	16
22.	CARRIAGE GUIDE	2
23.	CABLE RETAINING "L" CLIP	4
24.	VINYL SLEEVE 3/8 X 7 3/8	2
25.	1 X 8 IN. GRIP	4
26.	1-1/4 X 5 IN. GRIP	2
27.	1-1/4 X 7 IN. GRIP	2
28.	GUIDE ROD PIN	2
29.	PARAGLIDE STRIP	1
30.	THUMBSCREW	1
31.	1/2 IN. ID FLANGE BEARING	4
32.	3/4 IN. ID FLANGE BEARING	6
33.	SPACER	1
34.	STAR LOCK COLLAR	8
35.	COTTER PIN	1
36.	KNOB	1
37.	3/8 IN. L-PIN	1
38.	WEIGHT SELECT PIN	1
39.	PLUNGER	1
40.	QUICK LINK	1
41.	5/16 X 1/4 IN. SET SCREW	2
42.	5/16 IN. SNAP LINK	4
43.	SPRING	1
44.	3/4 IN. ID WASHER	2

358 EX350 ASSEMBLY PARTS LIST

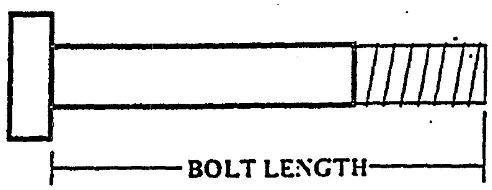
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

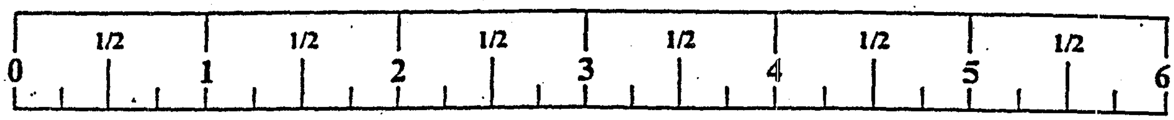
ITEM	NAME/DESCRIPTION		QTY
1.	BEARING HOUSING WLDMT	(6293701)	1
2.	LOW ROW SWIVEL BRACKET WLDMT	(6199401)	1
3.	MAIN UPRIGHT BOTTOM SECTION WLDMT	(6382101)	1
4.	LEFT PEC DEC ARM WLDMT	(6327101)	1
5.	RIGHT PEC DEC ARM WLDMT	(6327201)	1
6.	PULLEY BRACKET SUPPORT WLDMT	(6293801)	1
7.	MAIN UPRIGHT TOP SECTION WLDMT	(6292201)	1
8.	ADJUSTABLE SEAT SUPPORT WLDMT	(6385601)	1
9.	BACK/SEAT SUPPORT WLDMT	(6292701)	1
10.	WEIGHT STACK SUPPORT BASE WLDMT	(6241601)	1
11.	LAT BAR WLDMT	(6275301)	1
12.	LEG CURL ARM WLDMT	(6202201)	1
13.	PRESS ARM WLDMT	(6202801)	1
14.	BACK PAD	(6463301)	2
15.	PRESS SEAT PAD	(6463401)	1
16.	PEC DEC SEAT PAD	(6463501)	1
17.	CENTER PULLEY BRACKET	(6260301)	1
18.	CONNECTOR PLATE	(6281401)	2
19.	GUIDE ROD	(6293101)	2
20.	WEIGHT STACK SPACER	(6375901)	2
21.	WARRANTY CARD	(6057401)	1
22.	EXERCISE WALL CHART	(6205601)	1
23.	WEIGHT PLATE BUSHING	(6382301)	30
24.	PEC DEC LOOP CABLE	(6251801)	1
25.	PRIMARY CABLE	(6293201)	1
26.	SECONDARY CABLE	(6229201)	1
27.	21 LINK CHAIN	(6075905)	2
28.	HEAD WEIGHT PLATE	(6223001)	1
29.	WEIGHT STACK LABELS	(6189501)	1
30.	PRESS ARM PIVOT BAR	(6202601)	1
31.	3-1/2 O.D. DIA. W/1 IN. BUSHING PULLEY	(3116201)	3
32.	4-1/2 O.D. DIA. W/1 IN. BUSHING PULLEY	(3116101)	8
33.	4-1/2 O.D. DIA. W/2 IN. BUSHING PULLEY	(3116102)	3
34.	SELECT CENTER SHAFT 15 HOLE	(6266001)	1
35.	ANKLE /TRICEP STRAP	(6382401)	1
36.	LOW ROW BAR	(6389701)	1
37.	7 IN. ROLLER PAD	(6194601)	6
38.	12 IN. ROLLER PAD	(6176201)	2
39.	ROLLER PAD SHAFT	(6125101)	3
40.	WEIGHT PLATES	(6214501)	15

358 EX350 ASSEMBLY INSTRUCTIONS

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



THANK YOU

FOR PURCHASING THE *EX350* PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE *EX350* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- KEEP ALL FRAME CONNECTIONS LOOSE, UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, 5/32 ALLEN WRENCH, and RUBBER MALLET or HAMMER

*** REFER TO ASSEMBLY DRAWING #1 FOR STEPS 1 THRU 13 ***

1. Bolt HEAD WEIGHT PLATE into the threaded hole at top of SELECT CENTER SHAFT, using one (1) 3/8 X 1-1/2 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER (SEE DETAIL D).
2. Put seven (7) 2 IN. SQ. END CAPS into ends of tubes on WEIGHT STACK SUPPORT BASE.
3. Attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING to WEIGHT STACK SUPPORT BASE using one (1) 3/8 X 2 IN. HEX HEAD BOLT, one (1) CABLE RETAINING "L" CLIP, and one (1) 3/8 IN. LOCKNUT. (DO NOT TIGHTEN)
4. Insert two (2) 1/2 IN. FLANGE BEARINGS into tube on LOW ROW SWIVEL BRACKET.
5. Attach LOW ROW SWIVEL BRACKET to YOKE on WEIGHT STACK SUPPORT BASE, using one (1) 1/2 X 4 IN. HEX HEAD BOLT, and one (1) 1/2 IN. LOCK NUT. Tighten so it swivels freely, yet doesn't wobble.
6. LOOSELY attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into LOW ROW SWIVEL BRACKET, using one (1) 3/8 X 2 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT. (DO NOT TIGHTEN)

7. Attach BACK/SEAT SUPPORT ASSEMBLY to WEIGHT STACK SUPPORT BASE, using one (1) 1/2 X 3-1/4 IN. HEX HEAD BOLT and one (1) 1/2 IN. LOCKNUT. (TIGHTEN ONLY UNTIL SNUG)

8. Attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into FRONT "U" PULLEY BRACKET of the BACK/SEAT SUPPORT, using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.

9. Attach one (1) 4-1/2 O.D. DIA. PULLEY, with 2 IN. BUSHING, between two flats on MAIN UPRIGHT TOP SECTION, using one (1) 3/8 X 3 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.

10. Slide two (2) 7 3/8 IN. VINYL SLEEVES over PRONGS of LAT BAR HOOK on MAIN UPRIGHT TOP SECTION.

11. Attach one (1) 3-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING, into PULLEY HOUSING on MAIN UPRIGHT TOP SECTION, using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT. (SEE DETAIL "B" ON DRAWING) (DO NOT TIGHTEN)

12. Bolt MAIN UPRIGHT BOTTOM SECTION to rear of WEIGHT STACK SUPPORT BASE, using two (2) 1/2 X 3 IN. HEX HEAD BOLTS and two (2) 1/2 IN. LOCKNUTS. (TIGHTEN ONLY UNTIL SNUG)

13. Bolt MAIN UPRIGHT TOP SECTION to BACK SEAT SUPPORT (FIRST INSERT TAB ON BOTTOM SECTION INTO THE END OF TOP SECTION), using two (2) 1/2 X 3 IN. HEX HEAD BOLTS and two (2) 1/2 IN. LOCKNUTS.

*** REFER TO ASSEMBLY DRAWING #4 FOR STEPS 14 AND 15 ***

14. Insert two (2) 2 IN. SQ. END CAPS into each end of the BEARING HOUSING.

15. SECURELY Assemble the BEARING HOUSING and PULLEY BRACKET SUPPORT to the MAIN UPRIGHT, as shown on drawing, using two (2) 1/2 X 3-1/4 IN. HEX HEAD BOLTS and two (2) 1/2 IN. LOCKNUTS. NOTE: MAKE SURE THE TOP AND BOTTOM UPRIGHT FIT TOGETHER BEFORE TIGHTENING.

*** REFER TO ASSEMBLY DRAWING #1 FOR STEPS 16 THRU 26 ***

16. Snap two (2) WEIGHT PLATE BUSHINGS into each of the fifteen (15) WEIGHT PLATES. (SEE DETAIL A)

17. Place two (2) WEIGHT STACK SPACERS over large holes in WEIGHT STACK SUPPORT BASE.

18. Place two (2) 3/4 IN. WASHERS over WEIGHT STACK SPACERS.

19. Place two (2) WEIGHT STACK CUSHIONS over 3/4 IN. WASHERS.

20. Insert each of the two (2) GUIDE RODS through the WEIGHT STACK CUSHIONS and into the WEIGHT STACK SUPPORT BASE. (NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES.)

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21. USING EXTREME CARE. slide each of the fifteen (15) WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS. (PIN HOLE FACING OUT)

22. Slide HEAD WEIGHT PLATE ASSEMBLY down over the GUIDE RODS onto the WEIGHT STACK.

23. Position the GUIDE RODS under the GUIDE ROD BRACKET of the MAIN UPRIGHT TOP SECTION, and hold in place using two (2) GUIDE ROD PINS. (SEE DETAIL G)

24. Apply the WEIGHT STACK LABELS to the WEIGHT PLATES. (SEE DETAIL A)

25. Insert one (1) 1-1/2 IN. END CAP 12 GA into PRESS ARM STOP.

26. Peel backing from one (1) 1-1/4 IN. SQ. RUBBER BUMPON and securely attach to the 1 1/2 IN. END CAP on PRESS ARM STOP.

*** REFER TO ASSEMBLY DRAWING #2 FOR STEPS 27 THRU 40 ***

27. Attach two (2) 4-1/2 O.D. DIA. PULLEYS with 2 IN. BUSHING, to PRESS ARM using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCKNUTS.

28. Insert two (2) 3/4 IN. FLANGE BEARINGS into ends of ROUND TUBE on MAIN UPRIGHT TOP SECTION.

29. To attach PRESS ARM to MAIN UPRIGHT TOP SECTION, raise PRESS ARM to align collars with ROUND TUBE on MAIN UPRIGHT TOP SECTION and insert PIVOT BAR. ALIGN two (2) 5/16 X 1/4 IN. SET SCREWS into holes on collars of PRESS ARM AND TIGHTEN. (USE OF A LUBRICANT MAY HELP SLIDE PIVOT BAR)

30. Slide two (2) 1-1/4 X 7 IN. GRIPS on the HORIZONTAL HANDLES of the PRESS ARM, and two (2) 1-1/4 X 5 IN. GRIPS on the VERTICAL HANDLES. (NOTE: IF A LUBRICANT IS REQUIRED, PARABODY RECOMMENDS THOROUGHLY COATING THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)

31. Insert one (1) 2 IN. SQ. END CAP into top end of the LEG CURL/ARM ASSEMBLY.

32. Insert one (1) 2 IN. SQ. END CAP into top end of LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT.

33. Insert two (2) 1/2 IN. FLANGE BEARINGS into the BUSHING in the LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT.

34. Assemble the LEG CURL ARM ASSEMBLY to the LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT, using one (1) 1/2 X 3 1/4 IN. HEX HEAD BOLT and one (1) 1/2 IN. LOCKNUT. (NOTE: TIGHTEN UNTIL SNUG BUT STILL ABLE TO SWIVEL)

35. Peel away paper backing on one (1) 1-1/4 IN. SQ. RUBBER BUMPON, attach to LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT where LEG CURL ARM ASSEMBLY meets.

36. **LOOSELY** assemble one (1) 3 1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into **PULLEY BRACKET** on the **LEG CURL ARM ASSEMBLY**. Using one (1) 3/8 X 2 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.

37. Attach two (2) ROLLER PADS to the **LEG CURL ARM ASSEMBLY**. using one (1) **ROLLER PAD SHAFT**. and two (2) STAR LOCK COLLARS. **(NOTE: WHEN USING THE LOW PULLEY OFF THE LEG CURL ARM ASSEMBLY, LOCK IN PLACE BY INSERTING L-PIN INTO BUSHING ON THE LEG CURL EXTENSION NECK)**

38. Assemble two (2) ROLLER PADS to the **BACK SEAT SUPPORT**. using one (1) **ROLLER PAD SHAFT**. and two (2) STAR LOCK COLLARS.

39. Attach one (1) 3-1 2 O.D. DIA. PULLEY with 1 IN. BUSHING into **REAR "U" PULLEY BRACKET** of **BACK/SEAT SUPPORT**. using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.

40. Attach **BACK PAD** to **BACK/SEAT SUPPORT**, using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS. **(NOTE: HIDEM WELT CLIP SHOULD BE LOCATED AT BOTTOM)**

*** REFER TO ASSEMBLY DRAWING #3 FOR STEPS 41 THRU 44 ***

41. Attach two (2) 4-1 2 O.D. DIA. PULLEYS with 1 IN. BUSHING to the **CONNECTOR PLATES**, using two (2) 3 8 X 2 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCKNUTS **(DO NOT TIGHTEN)**

42. Slide four (4) 1 X 8 in. GRIPS over each end of the **LAT BAR**. and **LOW ROW BAR**. **(NOTE: IF A LUBRICANT IS REQUIRED, PARABODY RECOMMENDS THOROUGHLY COATING THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)**

NOTE: BEFORE PROCEEDING WITH CABLE INSTALLATION, UNRAVEL CABLE, AND REMOVE AS MUCH SPIRALING AS POSSIBLE.

43.
- To install the **PRIMARY CABLE** insert end of **CABLE** with **THREADED FITTING** into GROOVE of PULLEY upwards between PULLEY and **LAT BAR HOLDER** on **MAIN UPRIGHT TOP SECTION**. **(REMOVE PULLEY FOR EASE OF INSTALLATION)**
- Pull **CABLE** down until CLEVIS CONNECTOR stops against PULLEY and **LAT BAR HOLDER**.
- Run **CABLE** down and under TOP PULLEY on **PRESS ARM**. then over PULLEY on **BACK/SEAT SUPPORT**.
- Pull **CABLE** around PULLEY on **BACK/SEAT SUPPORT** and towards the PRESS ARM. Run **CABLE** over BOTTOM PULLEY of **PRESS ARM** and back. through the opening of the **BACK SEAT SUPPORT**. to the SMALL PULLEY.
- While pulling CABLE down over SMALL PULLEY on the back of the **BACK/SEAT SUPPORT**. insert the **CABLE END** around one of the PULLEYS of the **PULLEY/PLATE CONNECTOR ASSEMBLY**.

- Pull CABLE up to the PULLEY in the PULLEY HOUSING above the WEIGHT STACK on the MAIN UPRIGHT TOP SECTION. Pull CABLE over and down PULLEY and thru hole in MAIN UPRIGHT TOP SECTION to SELECT CENTER SHAFT on HEAD WEIGHT PLATE. (REMOVE PULLEY FOR EASE OF INSTALLATION)

- Attach the PRIMARY CABLE to the HEAD WEIGHT PLATE ASSEMBLY, by threading the STUD into the SELECT CENTER SHAFT and TIGHTEN COMPLETELY.

44.
- To install the SECONDARY CABLE, start by inserting the end of the CABLE into the front of the LOW ROW SWIVEL BRACKET. (REMOVE PULLEY FOR EASE OF INSTALLATION)

- Pull the CABLE upward behind the PULLEY until the WHITE BALL stops at the front of the LOW ROW SWIVEL BRACKET.

- Run CABLE around the BOTTOM PULLEY of the (SUSPENDED) PULLEY/PLATE CONNECTOR ASSEMBLY.

- Pull CABLE under PULLEY on WEIGHT STACK SUPPORT BASE towards front of MACHINE. (NOTE: BE SURE TO PLACE CABLE RETAINING "L" CLIP UNDER PULLEY AFTERWARDS)

- To finish SECONDARY CABLE INSTALLATION, run CABLE under PULLEY on the PULLEY BRACKET of the LEG CURL EXTENSION ARM. (REMOVE PULLEY FOR EASE OF INSTALLATION)

*** REFER TO ASSEMBLY DRAWING #4 FOR STEPS 45 THRU 58 ***

45. LOOSELY assemble two (2) 4-1/2 DIA. PULLEYS with 1 IN. BUSHING. to the PULLEY BRACKET SUPPORT as shown, using two (2) 3/8 X 2 IN. HEX HEAD BOLTS, two (2) CABLE RETAINING CLIPS and two (2) 3/8 IN. LOCKNUTS. (NOTE: DO NOT TIGHTEN)

46. Insert four (4) 3/4 IN. FLANGE BEARINGS into the TOP and BOTTOM ends of the BUSHINGS in the BEARING HOUSING.

47. Insert four (4) 2 IN. SQ. END CAPS into open ends of LEFT and RIGHT PEC DEC ARMS.

48. Insert PIVOT of each ARM into FLANGE BEARINGS in the BEARING HOUSING and secure with two (2) STAR LOCK COLLARS.

49. Peel off backing from two (2) 1 IN. SQ. PLASTIC STOPS, attach to ANGLE IRON STOP BRACKET on BEARING HOUSING where ARM CAMS make contact.

50. Slide LARGE FOAM ROLLER PADS onto LEFT and RIGHT PEC DEC ARMS. (NOTE: IF A LUBRICANT IS REQUIRED, PARABODY RECOMMENDS THOROUGHLY COATING THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)

51. Insert one (1) 1-3/4 IN. END CAP 10-14 GA into open end of MAIN UPRIGHT BOTTOM SECTION.

52. SECURELY assemble the SEAT PAD to MAIN UPRIGHT BOTTOM SECTION using two (2) 3/8 X 2-3/4 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS.

53. **SECURELY** assemble the BACK PAD to MAIN UPRIGHT using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS. (HIDEM WELT CLIP SHOULD BE FACING DOWN)

54.
- To assemble the **PEC DEC LOOP CABLE**, start by **LOOSELY** attaching each end of the **CABLE** to **CAMS** of the **LEFT** and **RIGHT PEC DEC ARMS**, using two (2) 5/16 X 1 IN. HEX HEAD BOLTS. four (4) 5/16 IN. WASHERS. two (2) 5/16 IN. LOCK WASHERS. and two (2) 5/16 IN. NUTS. (SEE DETAIL C)
- Run **CABLE** back to the PULLEYS on the **PULLEY BRACKET SUPPORT**. Drape the **CABLE** over the PULLEYS on both sides. Position the CABLE RETAINING CLIPS over the top of the **CABLE** at a 45 degree angle. This will create a **LOOP** in the center of the hanging **CABLE**. **(SEE DETAIL A)**
- **LOOSELY** assemble one (1) 4-1/2 DIA PULLEY with 1 IN. BUSHING to the **CENTER PULLEY BRACKET** as shown on (DETAIL D). using one (1) 3/8 X 2 IN. HEX HEAD BOLT, one (1) CABLE RETAINING "L" CLIP, and one (1) 3/8 IN. LOCKNUT.
- Assemble the **CENTER PULLEY BRACKET ASSEMBLY** over the **LOOP CABLE** as shown on drawing. Position the CABLE RETAINING CLIP under the **CABLE**. (SEE DETAIL A)

55. Tighten all **LOOSE PULLEY** and **CABLE** connections.

56. Attach the end of one (1) 21 LINK CHAIN to the **CENTER PULLEY BRACKET** using one (1) 5/16 IN. SNAP LINK. (SEE DETAIL B)

57. Attach the other end of the CHAIN to the end of the **CABLE** in the **LOW ROW SWIVEL BRACKET** on the **MAIN UNIT** using one (1) QUICK LINK.

58. **TIGHTEN ALL BOLT CONNECTIONS AT THIS TIME. (NOTE: IF PRESS ARM APPEARS TO BE OFF CENTER. ALIGN PULLEYS WITH STOP ON BACK SEAT SUPPORT BEFORE AND DURING TIGHTENING)**

***** REFER TO ASSEMBLY DRAWING #3 FOR STEPS 59 THRU 67 *****

59.
- Attach **LAT BAR** to **PRIMARY CABLE** with one (1) 5/16 IN. SNAP LINK (SEE DETAIL C).
- Attach one (1) 5/16 IN. SNAP LINK to each end of the second 21 LINK CHAIN to be used with either the **LOW ROW PULLEY** on the **LEG CURL ARM ASSEMBLY** or the UPPER PULLEY.
- **NOTE: SEE THE EXERCISE WALL CHART FOR INFORMATION ON THE VARIOUS ACCESSORIES THAT ATTACH TO THE 5/16 IN. SNAP LINKS.**

60. Attach eight (8) PARAGLIDE STRIPS to the **SEAT SUPPORT TUBE** on the **BACK SEAT SUPPORT**. as shown in (DETAIL H) using the following steps:
- Thoroughly clean all inside surfaces where the PARAGLIDE strips are to be attached.
- Remove the paper backing from the PARAGLIDE strips and firmly apply them to all shown surfaces (8 places).

61. Assemble one (1) SPRING PIN ASSEMBLY to the SPRING PIN ASSEMBLY HOUSING located on the SEAT SUPPORT TUBE using one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN. (SEE DETAIL H)

62. Insert one (1) 1 1 2 IN. SQ. END CAP 12 GA into end of the SPRING PIN ASSEMBLY HOUSING on the SEAT SUPPORT TUBE. (SEE DETAIL H)

63. Insert one (1) 2 IN. SQ. END CAP into front end of the ADJUSTABLE SEAT SUPPORT.

64. Assemble two (2) ROLLER PADS to the ADJUSTABLE SEAT SUPPORT, using one (1) ROLLER PAD SHAFT, and two (2) STAR LOCK COLLARS. (SEE DETAIL J)

65. Attach the SEAT PAD to the ADJUSTABLE SEAT SUPPORT, using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS.

66. Place the ADJUSTABLE SEAT SUPPORT ASSEMBLY into the SEAT SUPPORT TUBE located on the BACK SEAT SUPPORT by disengaging the SPRING PIN ASSEMBLY.

67. Install one (1) THUMBSCREW into the SEAT SUPPORT TUBE. (SEE DETAIL H)

<u>!!! WARNING !!!</u>

MAKE SURE SNAP LINKS ARE FASTENED BEFORE DOING EXERCISES.

<u>!!! WARNING !!!</u>

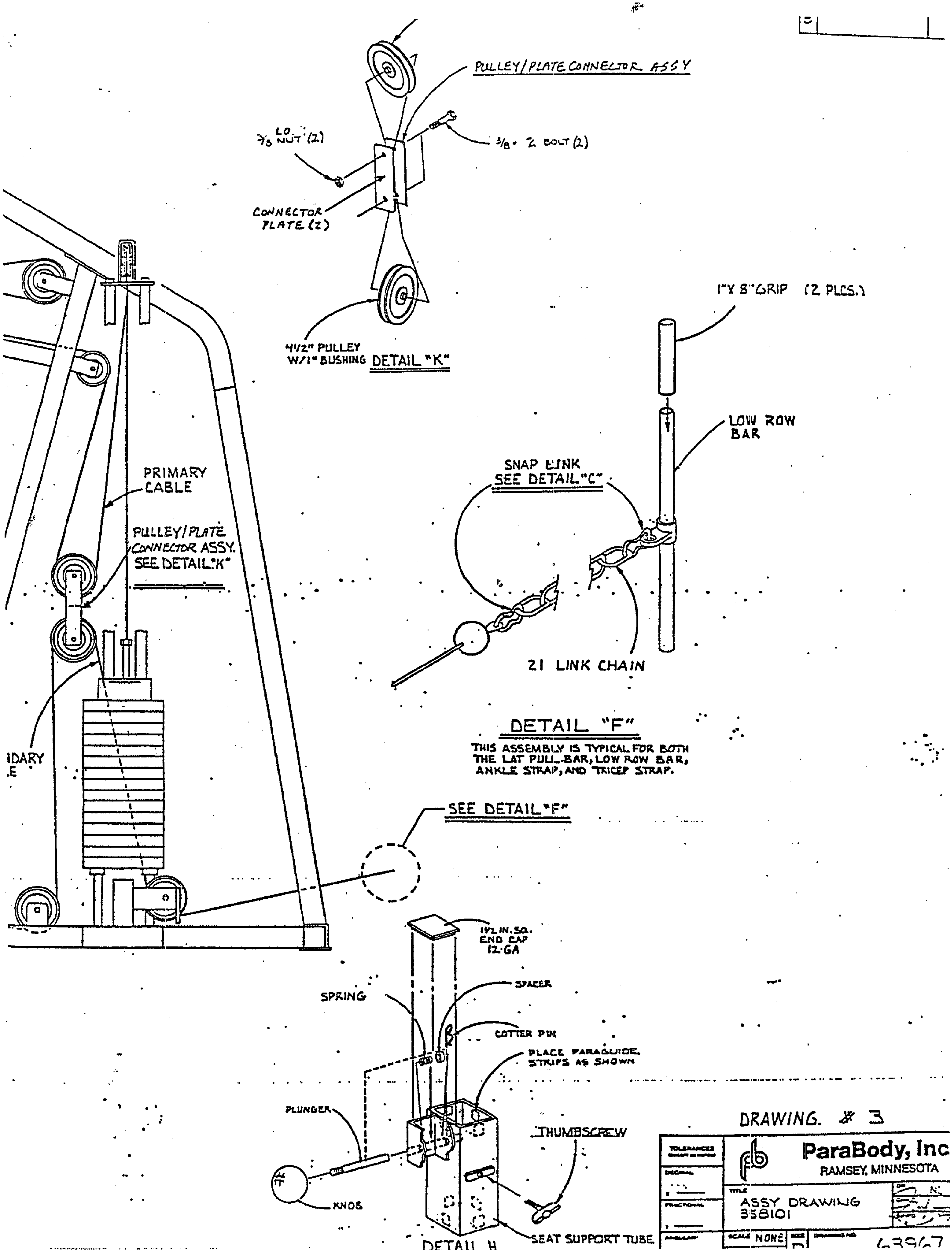
DO NOT OPERATE THIS MACHINE WITH LAT BAR OFF SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES. ALSO, LAT BAR <u>IS NOT</u> TO BE USED FOR PULL-UPS.

<u>PLEASE NOTE:</u>

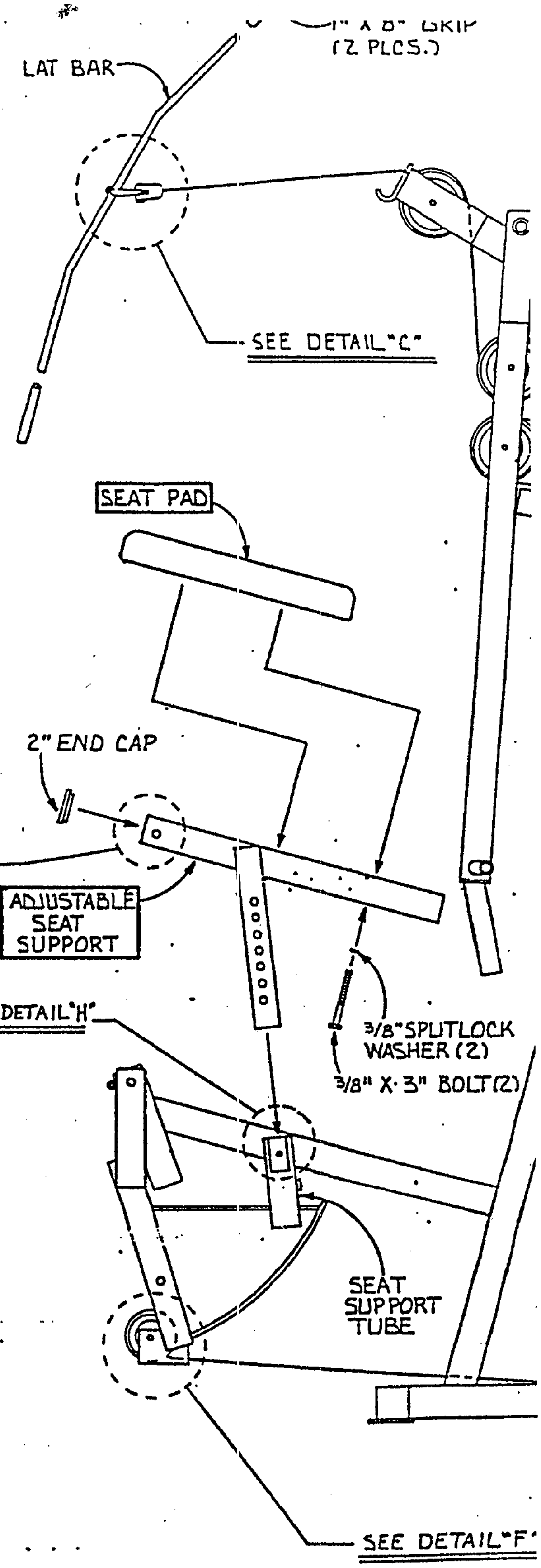
IF UPON ASSEMBLY, THE HEAD PLATE DOES NOT SIT ON TOP OF THE FIRST PLATE, PLEASE PUSH HEAD PLATE DOWN, INSERT THE WEIGHT PIN TO A DESIRED RESISTANCE AND DO A FEW REPS ON ONE OF THE STATIONS. THIS WILL SEAT THE CABLE SYSTEM AND ALLEVIATE THE HEAD PLATE FROM SITTING UP.

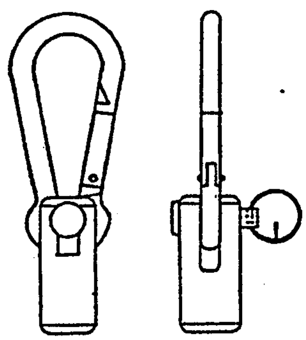
<u>PLEASE NOTE:</u>

WE RECOMMEND CLEANING YOUR PRODUCT (PADS AND FRAME) ON A REGULAR BASIS, USING WARM SOAPY WATER. ALSO, TOUCH-UP PAINT CAN BE PURCHASED FROM YOUR PARABODY DEALER OR FROM YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT:
1-800-328-9714



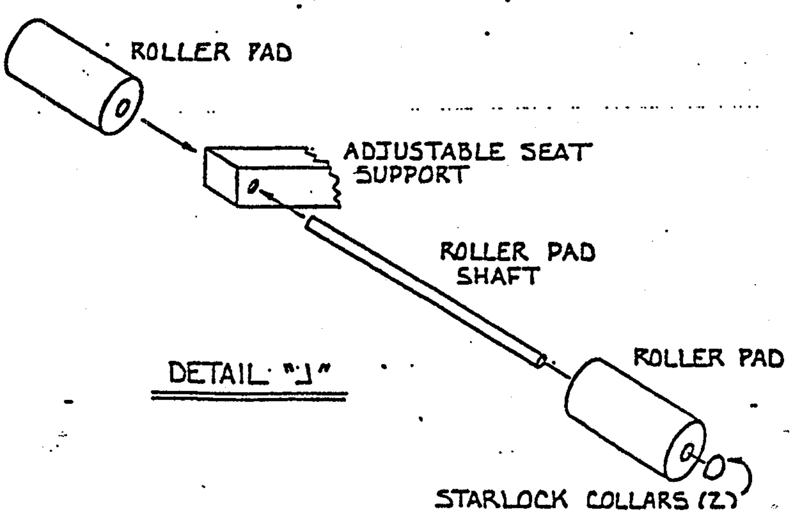
PULLEY/PLATE CONNECTOR ASSY
3/8 LO NUT (2)
3/8 - 2 BOLT (2)
CONNECTOR PLATE (2)
4 1/2" PULLEY W/1" BUSHING
DETAIL "K"
1"X 8" GRIP (2 PLCS.)
LOW ROW BAR
SNAP LINK SEE DETAIL "C"
21 LINK CHAIN
DETAIL "F"
THIS ASSEMBLY IS TYPICAL FOR BOTH THE LAT PULL-BAR, LOW ROW BAR, ANKLE STRAP, AND TRICEP STRAP.
PRIMARY CABLE
PULLEY/PLATE CONNECTOR ASSY. SEE DETAIL "K"
IDARY
E
SEE DETAIL "F"
1 1/2 IN. SQ. END CAP 12 GA
SPRING
SPACER
COTTER PIN
PLACE PARAGUIDE STRIPS AS SHOWN
PLUNGER
THUMBSCREW
KNOB
SEAT SUPPORT TUBE
DETAIL H
DRAWING. # 3
TOLERANCES
DECIMAL
FRACTIONAL
ANGULAR
ParaBody, Inc
RAMSEY, MINNESOTA
TITLE
ASSY DRAWING 358101
SCALE NONE
63967





DETAIL "C"

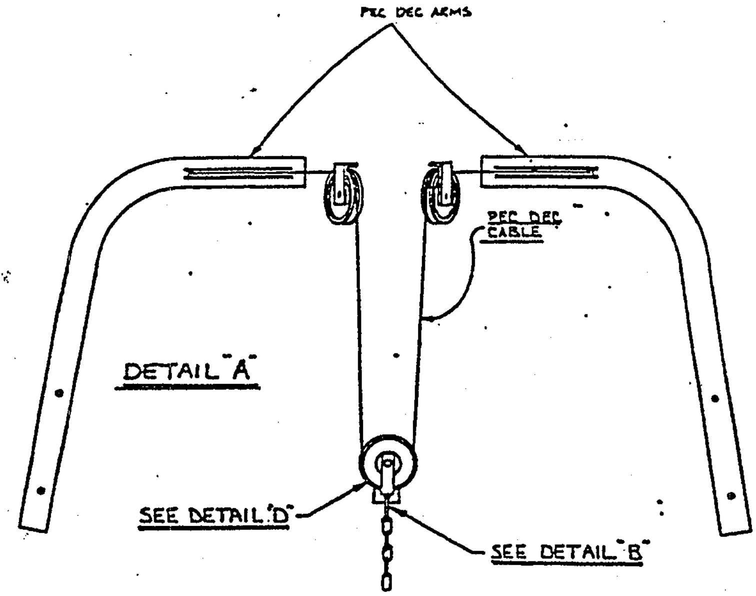
CAUTION: MAKE SURE SNAP LINK IS FASTENED BEFORE DOING EXERCISES

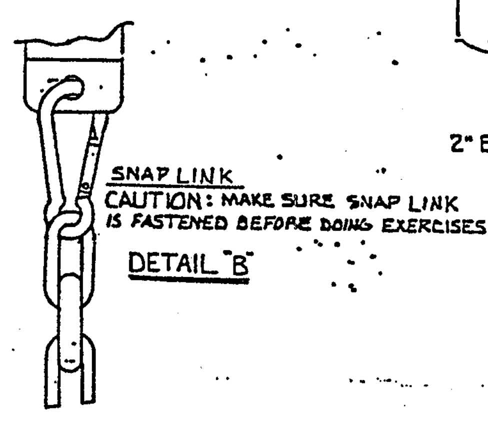


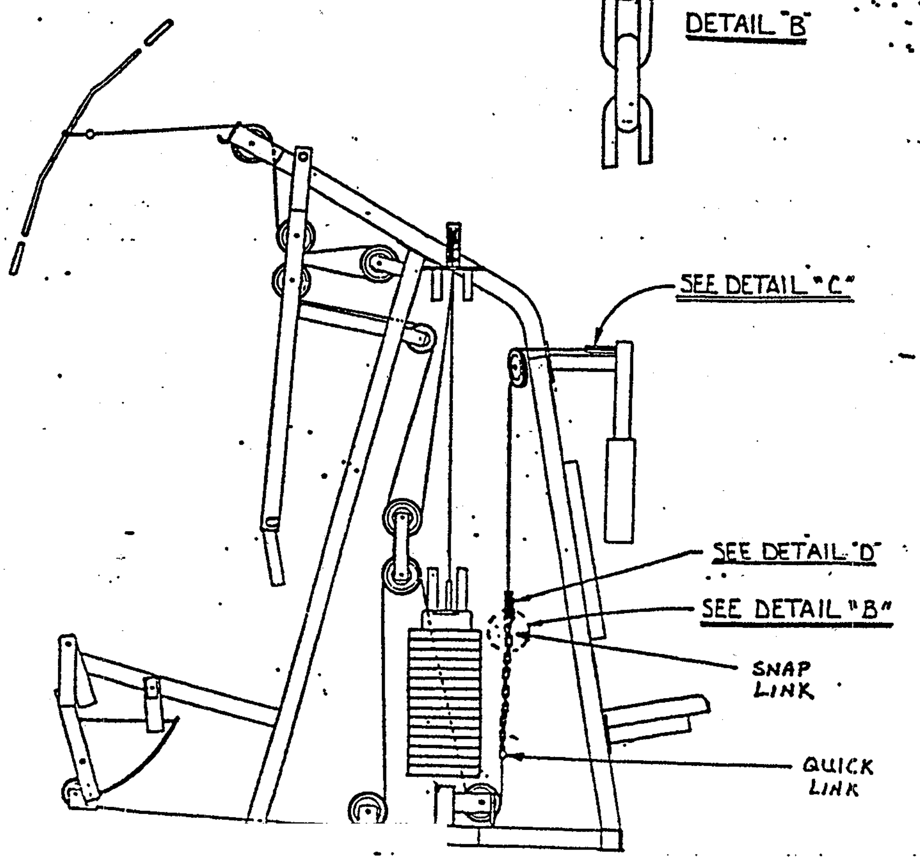
DETAIL "J"

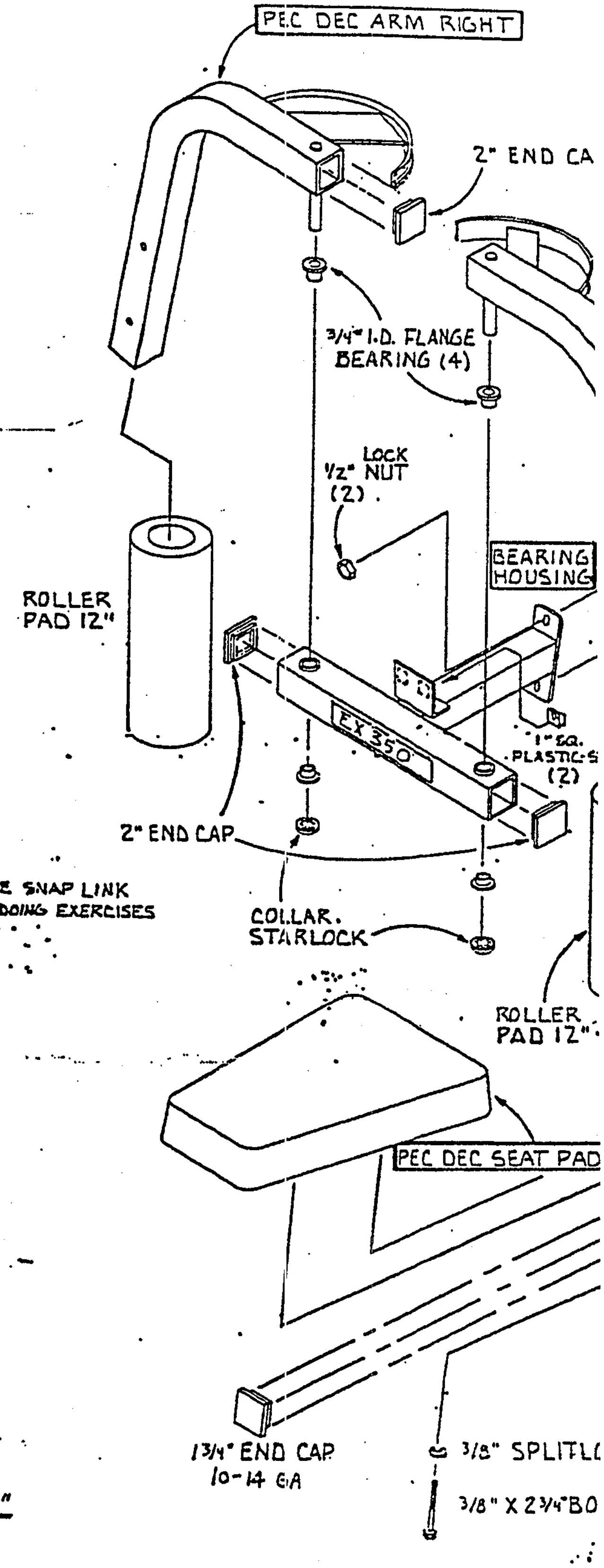
DASH NO	PART DESCRIPTION
-0001	AS SHOWN

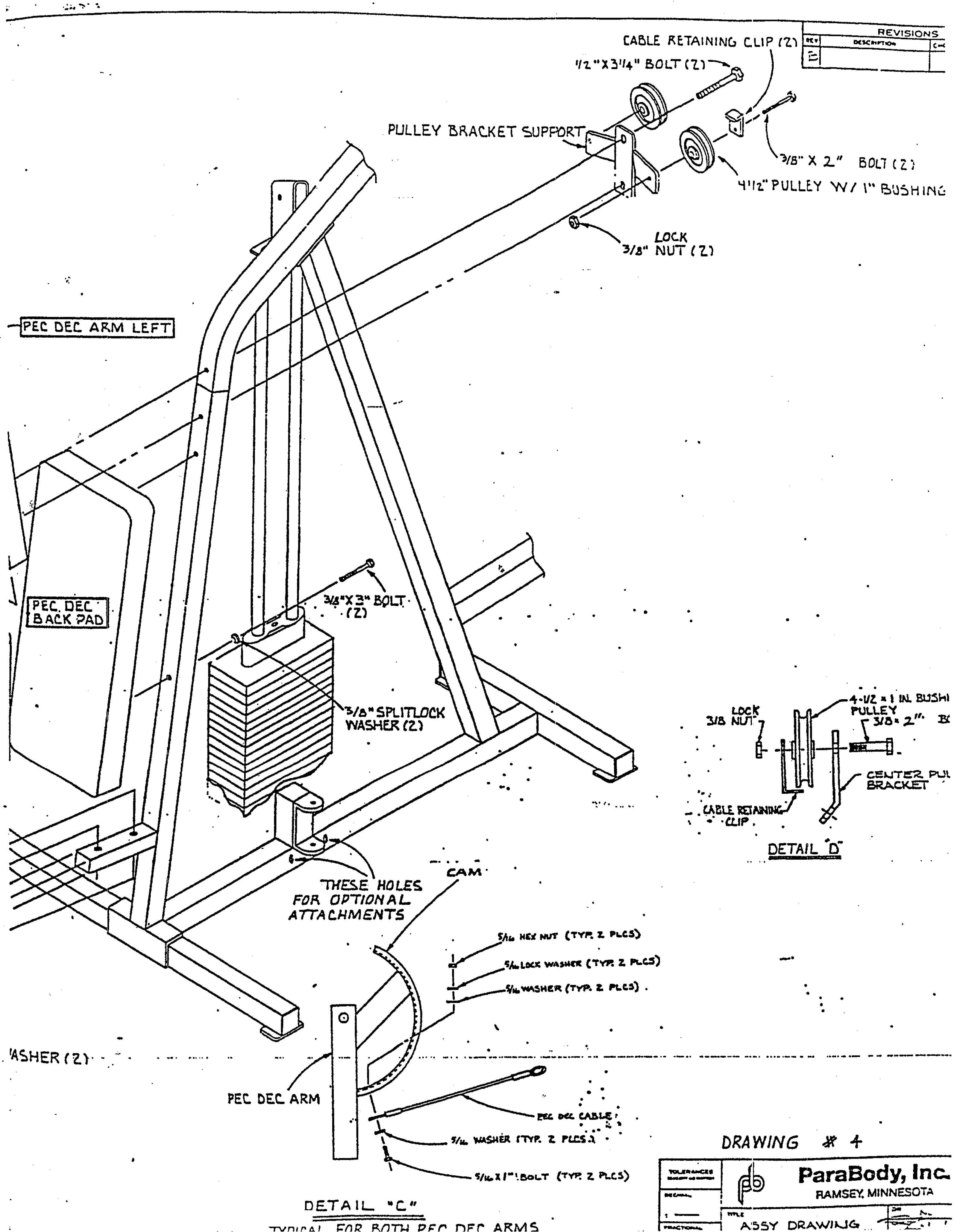
Jerry

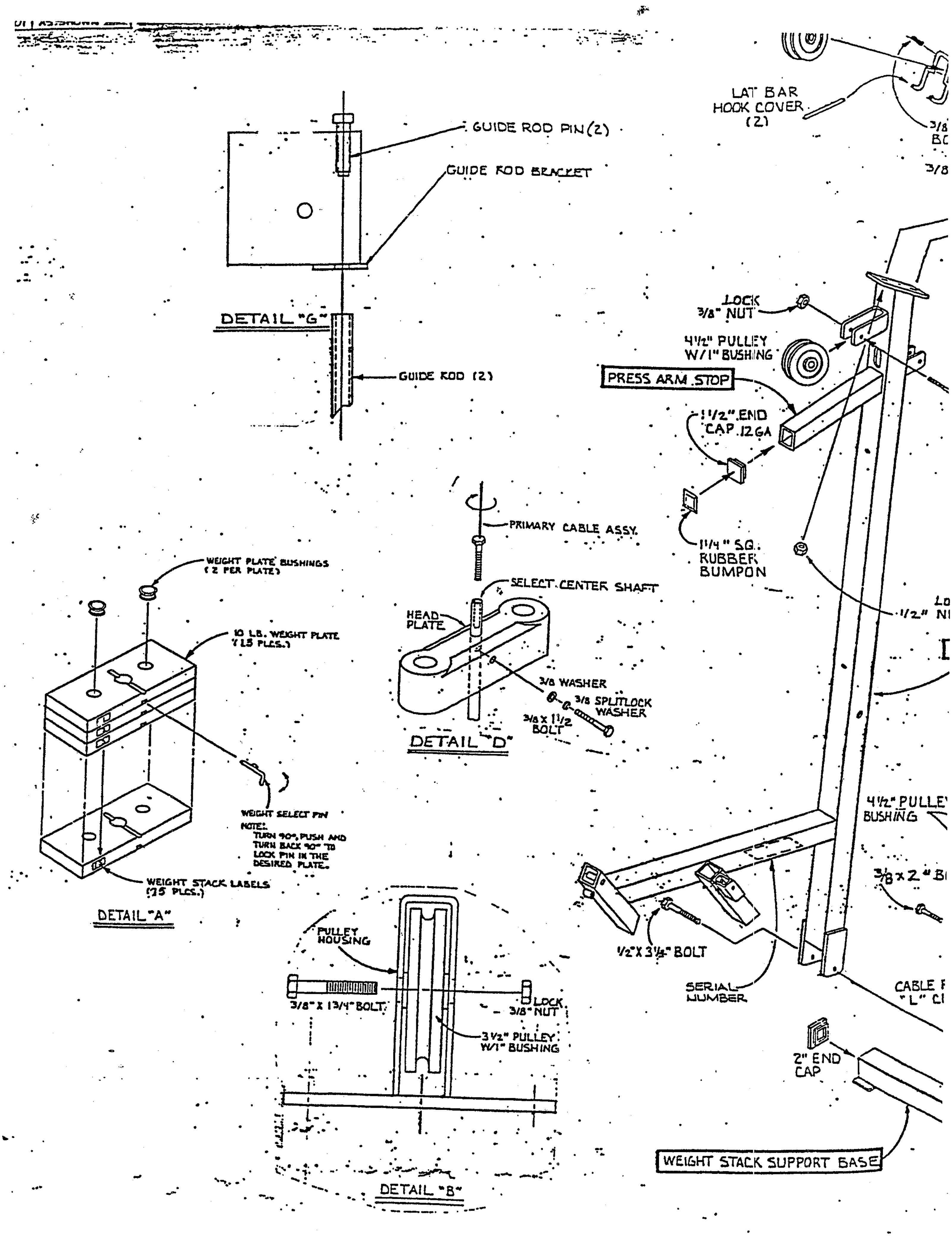




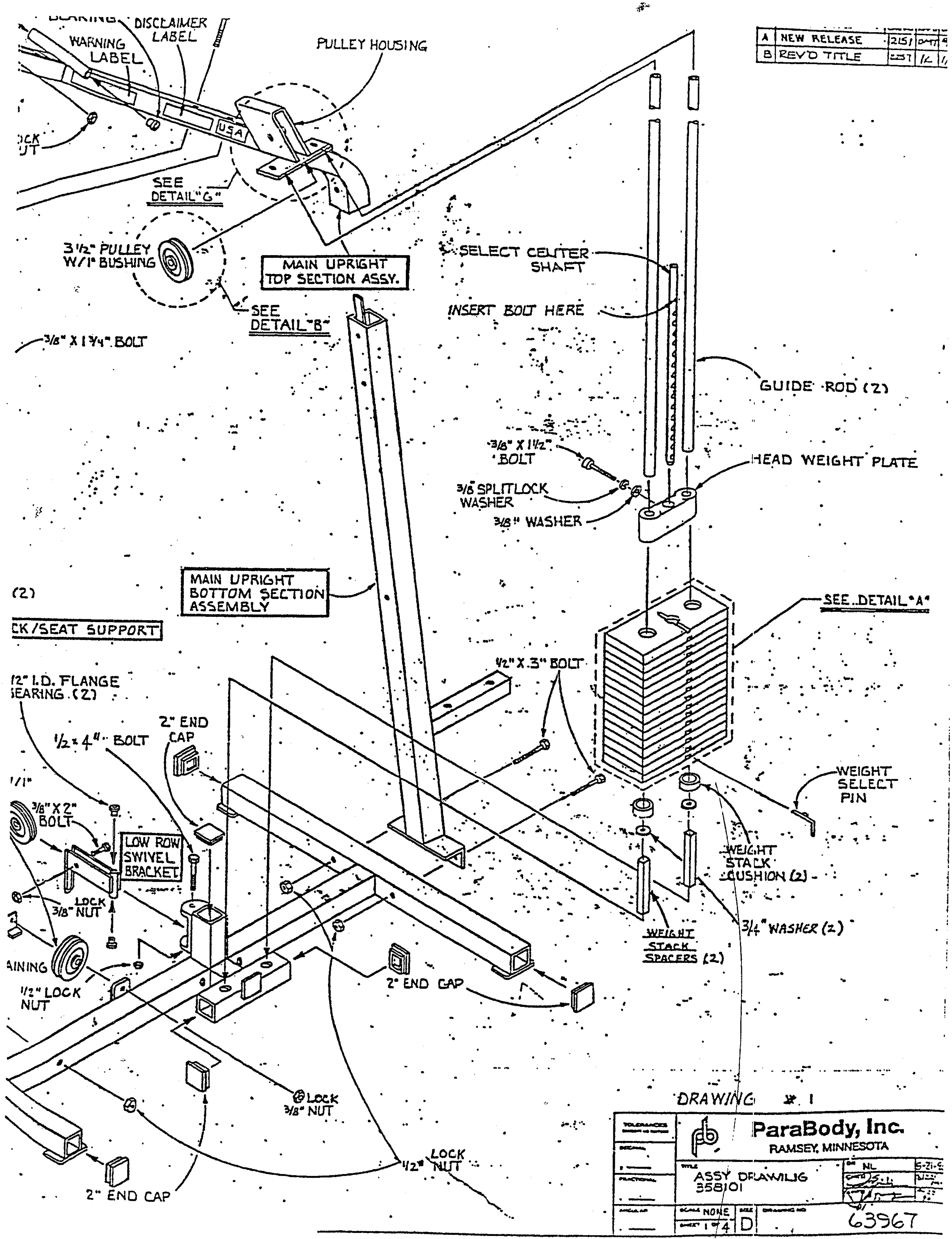


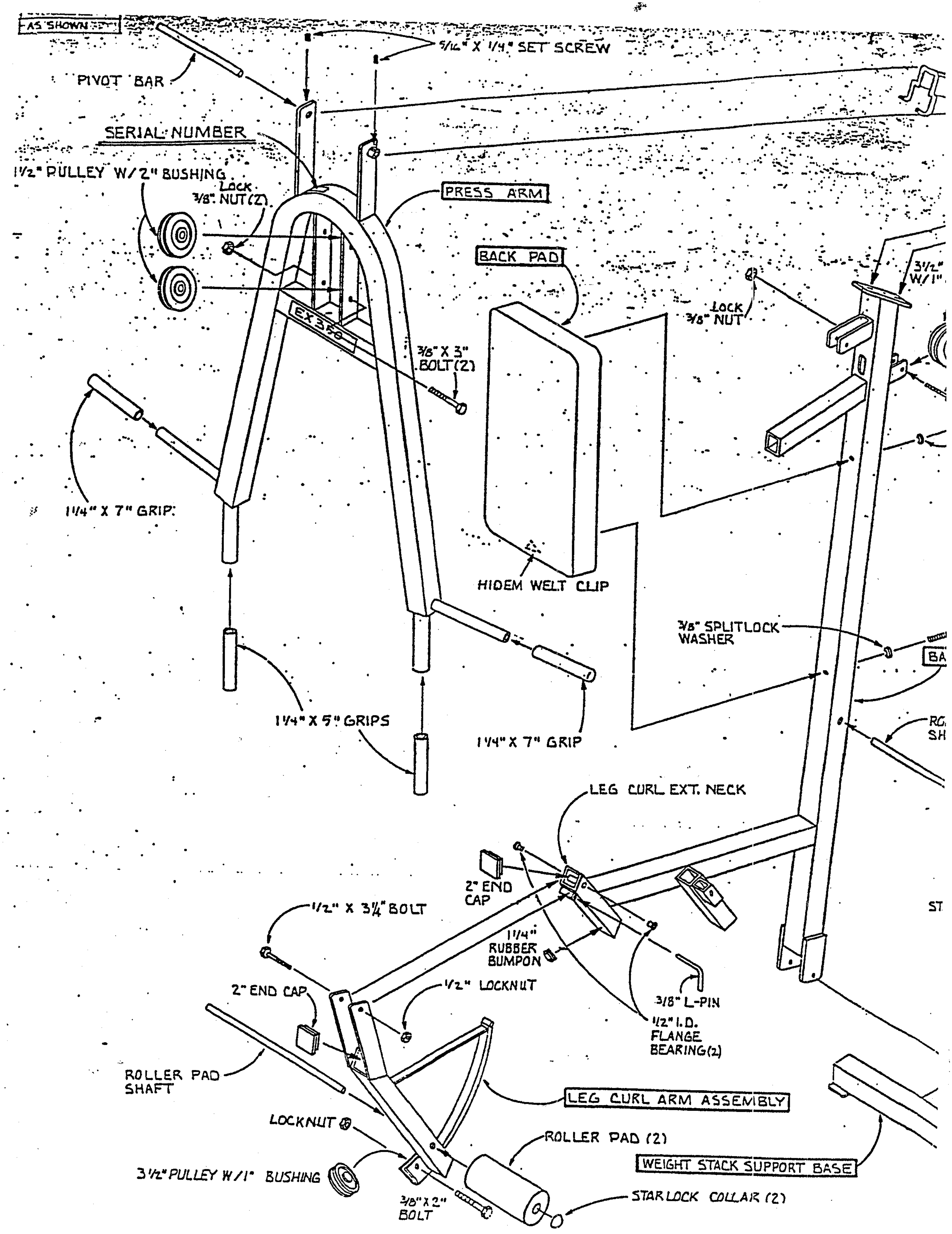



REVISIONS
DESCRIPTION
CABLE RETAINING CLIP (2)
1/2"X3 1/4" BOLT (2)
PULLEY BRACKET SUPPORT
3/8" X 2" BOLT (2)
4 1/2" PULLEY W/ 1" BUSHING
LOCK 3/8" NUT (2)
PEC DEC ARM LEFT
PEC. DEC BACK PAD
3/8"X3" BOLT (2)
3/8" SPLITLOCK WASHER (2)
THESE HOLES FOR OPTIONAL ATTACHMENTS
LOCK 3/8 NUT
4-1/2 x 1 IN. BUSHI
PULLEY
3/8 x 2"
CENTER PUL
BRACKET
CABLE RETAINING CLIP
DETAIL "D"
CAM
5/16 HEX NUT (TYP. 2 PLCS)
5/16 LOCK WASHER (TYP. 2 PLCS)
5/16 WASHER (TYP. 2 PLCS)
WASHER (2)
PEC DEC ARM
PEC DEC CABLE
5/16 WASHER (TYP. 2 PLCS)
5/16 X 1" BOLT (TYP. 2 PLCS)
DETAIL "C"
TYPICAL FOR BOTH PEC DEC ARMS
DRAWING # 4
TOLERANCES
DECIMAL
FRACTIONAL
ParaBody, Inc.
RAMSEY, MINNESOTA
TITLE
ASSY DRAWING

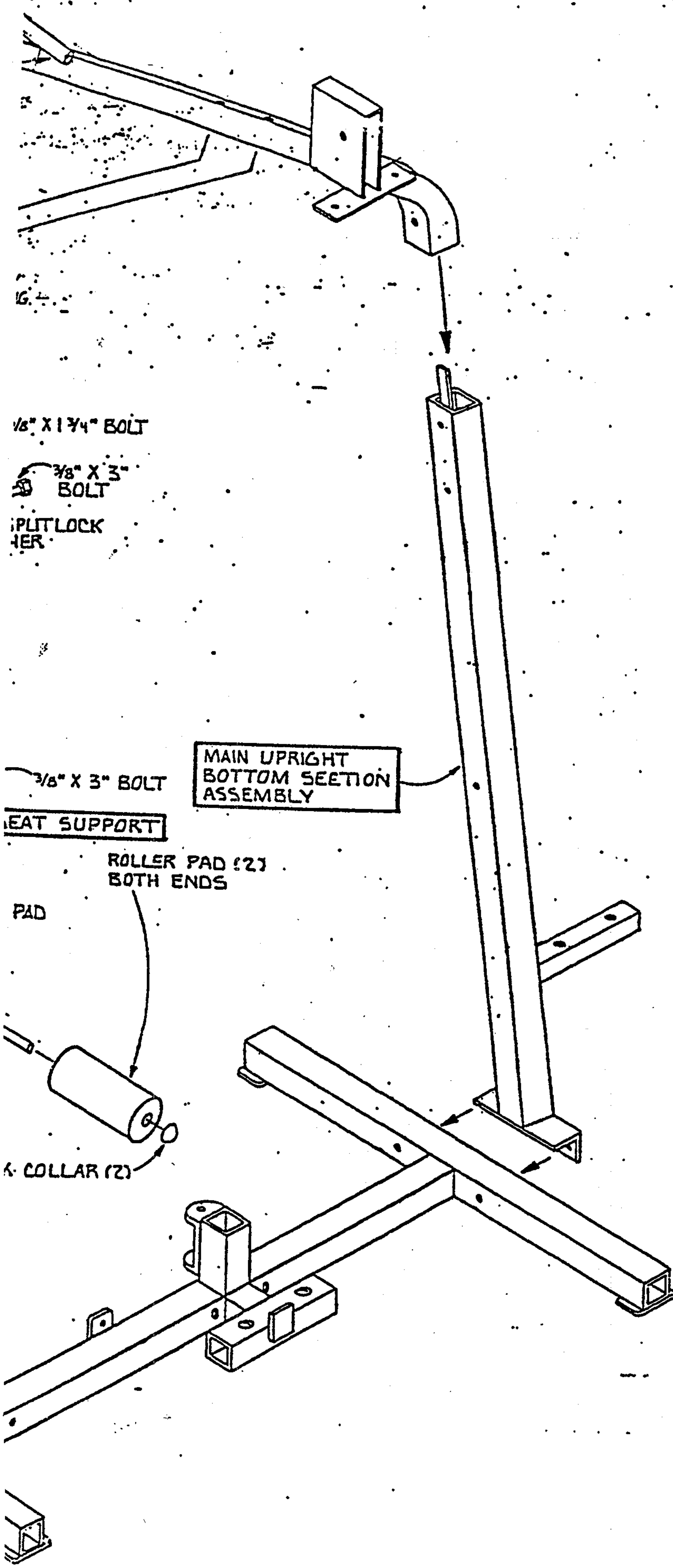


GUIDE ROD PIN (2)
GUIDE ROD BRACKET
DETAIL "G"
GUIDE ROD (2)
LAT BAR HOOK COVER (2)
LOCK 3/8" NUT
4 1/2" PULLEY W/1" BUSHING
PRESS ARM STOP
1 1/2" END CAP 12GA
1 1/4" SQ. RUBBER BUMPON
PRIMARY CABLE ASSY.
SELECT CENTER SHAFT
HEAD PLATE
3/8 WASHER
3/8 SPLITLOCK WASHER
3/8 x 1 1/2 BOLT
DETAIL "D"
WEIGHT PLATE BUSHINGS (2 PER PLATE)
10 LB. WEIGHT PLATE (15 PLCS.)
WEIGHT SELECT PIN
NOTE:
TURN 90°, PUSH AND TURN BACK 90° TO LOCK PIN IN THE DESIRED PLATE.
WEIGHT STACK LABELS (15 PLCS.)
DETAIL "A"
PULLEY HOUSING
3/8" x 1 3/4" BOLT
LOCK 3/8" NUT
3 1/2" PULLEY W/1" BUSHING
DETAIL "B"
1/2" x 3 1/4" BOLT
SERIAL NUMBER
2" END CAP
WEIGHT STACK SUPPORT BASE


A NEW RELEASE
B REV'D TITLE
DISCLAIMER LABEL
WARNING LABEL
PULLEY HOUSING
USA
SEE DETAIL "G"
3 1/2" PULLEY W/1" BUSHING
SEE DETAIL "B"
MAIN UPRIGHT TOP SECTION ASSY.
SELECT CENTER SHAFT
INSERT BOLT HERE
3/8" X 1 3/4" BOLT
GUIDE ROD (2)
3/8" X 1 1/2" BOLT
HEAD WEIGHT PLATE
3/8 SPLITLOCK WASHER
3/8" WASHER
MAIN UPRIGHT BOTTOM SECTION ASSEMBLY
(2)
SEE DETAIL "A"
1/2" X 3" BOLT
2" END CAP
1/2 x 4" BOLT
3/8" X 2" BOLT
LOW ROW SWIVEL BRACKET
LOCK 3/8" NUT
WEIGHT SELECT PIN
WEIGHT STACK CUSHION (2)
3/4" WASHER (2)
WEIGHT STACK SPACERS (2)
1/2" LOCK NUT
2" END CAP
LOCK 3/8" NUT
1/2" LOCK NUT
2" END CAP
DRAWING #1
ParaBody, Inc.
RAMSEY, MINNESOTA
ASSY DRAWING 358101
NL
NONE
1 OF 4
D
63967



AS SHOWN
5/16" X 1/4" SET SCREW
PIVOT BAR
SERIAL NUMBER
1 1/2" PULLEY W/2" BUSHING
LOCK 3/8" NUT(2)
PRESS ARM
BACK PAD
EX350
3/8" X 3" BOLT(2)
LOCK 3/8" NUT
1 1/4" X 7" GRIP
HIDEM WELT CLIP
3/8" SPLITLOCK WASHER
1 1/4" X 5" GRIPS
1 1/4" X 7" GRIP
LEG CURL EXT. NECK
2" END CAP
1/2" X 3 1/4" BOLT
1 1/4" RUBBER BUMPON
2" END CAP
1/2" LOCKNUT
3/8" L-PIN
1/2" I.D. FLANGE BEARING(2)
ROLLER PAD SHAFT
LEG CURL ARM ASSEMBLY
LOCKNUT
ROLLER PAD (2)
3 1/2" PULLEY W/1" BUSHING
WEIGHT STACK SUPPORT BASE
3/8" X 2" BOLT
STARLOCK COLLAR (2)



REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
B				

DRAWING # 2

ParaBody, Inc.
RAMSEY, MINNESOTA

TITLE: ASSY DRAWING 358101

SCALE: NONE